



Week 7	If you have not been training consistently, use this plan		
DAY	Warmup	Work Set	Cooldown
1	1 x 10 min, 70% HRmax /RPE 4.5	2 x 10 min, 70% HRmax / RPE 4.5	1 x 10 min, 70% HRmax /RPE 4.5
2	1 x 10 min, 70% HRmax /RPE 4.5	2 x 10 min, 70% HRmax / RPE 4.5	1 x 10 min, 70% HRmax /RPE 4.5
3	1 x 10 min, 70% HRmax /RPE 4.5	2 x 10 min, 70% HRmax / RPE 4.5	1 x 10 min, 70% HRmax /RPE 4.5
4	1 x 10 min, 70% HRmax /RPE 4.5	2 x 10 min, 70% HRmax / RPE 4.5	1 x 10 min, 70% HRmax /RPE 4.5
5	1 x 10 min, 70% HRmax /RPE 4.5	Race Piece for your race 26-28 Strokes per Minute On your Race Target Split	1 x 10 min, 70% HRmax /RPE 4.5

If you consistently train, use this plan		
Warmup	Work Set	Cooldown
1 x 10 min, 70% HRmax /RPE 4.5	2 x 10 min, 70% HRmax / RPE 4.5	1 x 10 min, 70% HRmax /RPE 4.5
1 x 10 min, 70% HRmax /RPE 4.5	2 x 10 min, 70% HRmax / RPE 4.5	1 x 10 min, 70% HRmax /RPE 4.5
1 x 10 min, 70% HRmax /RPE 4.5	2 x 10 min, 70% HRmax / RPE 4.5	1 x 10 min, 70% HRmax /RPE 4.5
1 x 10 min, 70% HRmax /RPE 4.5	2 x 10 min, 70% HRmax / RPE 4.5	1 x 10 min, 70% HRmax /RPE 4.5
1 x 10 min, 70% HRmax /RPE 4.5	Race Piece for your race 26-28 Strokes per Minute On your Race Target Split	1 x 10 min, 70% HRmax /RPE 4.5

Always check with your physician before starting a new workout plan!